



# PARENTING MENTAL HEALTH



## Suzanne Alderson

[Parenting Mental Health](#) is a community and UK registered charity that supports parents and teachers supporting young people with mental health issues.

Teachers are invited to join this webinar in which Suzanne will share her approach to helping a child when they become anxious or depressed. Following the presentation Suzanne will be on hand to answer questions or offer support.

**THURSDAY 23 SEPTEMBER, 7PM**

**Teachers, register in advance for this Zoom webinar:**

<https://us02web.zoom.us/join/zoom/register/tZcvdumhqj8sE9LLti64no9gRzp2TVtiE9hw>

After registering, you will receive a confirmation email containing information about joining the meeting.

Email questions to: [info@parentingmentalhealth.com](mailto:info@parentingmentalhealth.com)



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